

Wizards Stew

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Orzo, dry		1-1/4 cups		5 cups
Vegetables, mixed, frozen		3 2/3 cups		13-1/2 cups
Tomato juice, low-sodium		3 cups		12 cups
Basil, ground		1/4 tsp		1 tsp
Thyme, ground		1/4 tsp		1 tsp
Black pepper		1/4 tsp		1 tsp
Beans, kidney, canned		4-1/2 cups		18 cups

Directions

1. Cook orzo according to directions on package.
2. In a large saucepan, combine tomato juice, vegetables, beans and spices. Bring to a boil.
3. Reduce heat, cover and allow it to simmer for 10 - 15 minutes.
4. Drain orzo. Stir it into mixture.
5. Serve 1 cup servings.

Notes

Serving Tips:

This soup can also be made using leftover fresh or canned vegetables of any kind.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	203	
Total Fat	1 g	
Protein	9 g	
Carbohydrates	42 g	
Dietary Fiber	9 g	
Saturated Fat	NA	
Sodium	364 mg	